## IN THE SPECIFICATION

Please replace the paragraph beginning at page 29, line 6, and starting with "FIGURE 14 is an . . ." as follows:

FIGURE 14 is an alternate shoe embodiment incorporating features of the present invention. Shoe 810 includes a substantially planar outsole 812 affixed to a shoe upper 814. Shoe 810 includes an insole 816 which preferably lies over a surface 818 of outsole 812 enclosed by shoe upper 814. 816 may be in direct contact with surface 818 of outsole 812 or may be separated therefrom by one or more midsoles 829. Insole 816 may be permanently affixed to outsole 812 and/or shoe upper 814 or have the capability to be removably inserted into or extracted from shoe 810. Insole 816 includes a first portion 820 of substantially constant thickness that extends rearward from a forward periphery 822 of outsole 812 and shoe upper 814 to a point 824 approximately halfway across a length Insole 816 includes a second portion 826 that of shoe 810. extends forwardly from a rear periphery 828 of outsole 812 and shoe upper 814 to meet the first portion 820 at point 824. Second portion 826 has an increasing thickness from rear periphery 828 to point 826. Insole 816 may have similar outsole characteristics discussed with respect to discussed in FIGURE 10. Shoe 810 may also be manufactured using last 800.